



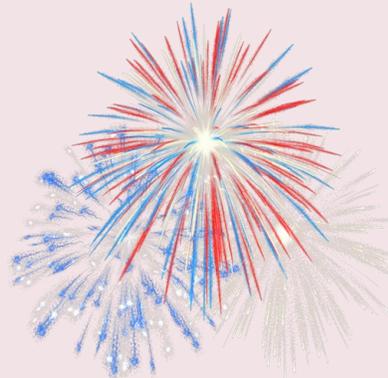
Health, White & Blue

Independence Day is a federal holiday in the United States commemorating the Declaration of Independence of the United States, on July 4, 1776. As we get together to celebrate the 4th of July with burgers, beers, and fireworks, it is also a good time to reflect on our overall health and make an effort to make the holiday as healthy as possible. To help celebrate our independence, we will provide you with some tips below to make your day the healthiest July 4th possible.

Stay safe in the sun. When enjoying time outdoors, be sure to stay smart by using sunscreen with SPF 30 or above with UVA and UVB protection to reduce your risk for skin cancer. Don't forget to protect your eyes by wearing sunglasses!

Enjoy some healthy competition. Organize a fun group activity to keep everyone active and entertained. For example, a game of capture the flag, frisbee games, scavenger hunts, volleyball or kickball.

Eat smart. It's okay to indulge in some of your favorite foods on the holiday, but try to eat smart. Be mindful of your eating and drinking habits—swap out burgers for chicken, chips for fruit and veggies, and sugary drinks for water or tea.



According to Pew Research, on average, more than 45,000 people visit U.S. hospital emergency rooms for treatment of injuries on July 4 and 5. That's nearly 91,000 in total, by far the highest daily numbers in the entire year. There are some steps we can take to prevent injuries during this holiday season. When using sparklers and fireworks, always keep a portable fire extinguisher close by. Never allow young children to handle fireworks or sparklers to prevent firework-related injuries. In terms of water and pool safety, never consume alcohol while driving a boat. Before boating, always check that there are enough life preservers on hand for every passenger. If you plan on using the pool, set water safety rules for your family, especially if there are young children around. Finally, if you plan on grilling on the 4th of July, check gas grill hoses for cracks, holes and leaks. Do not grill indoors, in the garage, in any enclosed area or on a surface that might catch fire.

We hope you have great, healthy and safe 4th of July weekend!



DID YOU KNOW?

Those with stronger social relationships have been shown to have lower blood pressure.

- Learn more on page 4



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4th of July Safety Tips



Best way to enjoy fireworks is to leave them to the professionals.



Keep young children away from the grill, and never leave the grill unattended.



Only drive if you are sober, make sure all your vehicle occupants are buckled up and take your time.



Check on the legal use of backyard fire pits with your local municipality.

WORLD HEPATITIS DAY 28 JULY



Are You At Risk Of Hepatitis?



Unsafe injections, drug use and surgical procedures



Unprotected sex



Unscreened blood transfusion



Sharing of razors and toothbrush



From the mother to the new born

Take Immediate Action

Get Tested

Blood tests are simple, quick and painless



Get Treated

Recent medical advancement cures 90-95% of hepatitis C



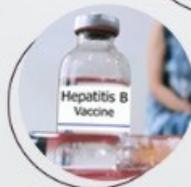
Hepatitis B cannot be completely cured but can be treated

Safe Sex

Personal hygiene and sanitation

Get Vaccinated

Hepatitis B and A are vaccines preventable



ABOUT HEPATITIS

Hepatitis is an inflammation of the liver. It may be caused by drugs, alcohol use, or certain medical conditions. But in most cases, it's caused by a virus. This is known as viral hepatitis, and the most common forms are Hepatitis A, B, and C.

Symptoms of all types of viral hepatitis are similar and can include jaundice, fever, fatigue, loss of appetite, nausea, vomiting, abdominal and joint pain. Symptoms can also include dark urine, clay-colored stool and diarrhea

Hepatitis A virus (HAV), in particular, is present in the feces of infected persons and is most often transmitted through consumption of contaminated water or food. Infections are in many cases mild, with most people making a full recovery and remaining immune from further HAV infections. Practicing good hygiene, including washing hands frequently, is one of the best ways to protect against Hepatitis A. Vaccines are also available for people most at risk.

HEPATITIS B

Hepatitis B virus (HBV) is concentrated most highly in blood and is transmitted primarily through: birth to an infected mother, sexual contact with an infected person and sharing contaminated needles, syringes or other injection-drug equipment

A vaccine can prevent Hepatitis B, but there's no cure if you have the condition. If you're infected, taking certain precautions can help prevent spreading the virus to others.

HEPATITIS C

Hepatitis C virus (HCV) is transmitted primarily through: sharing contaminated needles, syringes or other equipment to inject drugs. Long-term infection with the hepatitis C virus is known as chronic hepatitis C. Chronic hepatitis C is usually a "silent" infection for many years, until the virus damages the liver enough to cause the signs and symptoms of liver disease.

Today, chronic HCV is usually curable with oral medications taken every day for two to six months. For prevention, practice safe sex, be cautious about body piercing or tattooing and never share needles.

I weigh between
1.4 AND 1.6 KG



Source:

Centers for Disease Control & Prevention, World Health Organization, Mayo Clinic



Did our cutest catch your attention?



Now keep on reading!



What is Cord Blood

Cord blood is the blood found in a newborn's umbilical cord. Cord blood is very valuable because it is made of STEM CELL

These stem cells are younger and more flexible which is why more people are..

Stem cells are vital when it comes to repairing our bodies and the stem cells that come from newborns are the best ones to have

SAVING CORD BLOOD

WHY SAVE CORD BLOOD

- Help treat chronic diseases such as leukemia and sickle cell anemia
- Can be used for condition that currently lack medical treatment options
- A less risk of complications when used for transplants
- Can decrease disease progression in early treatment
- Preserving them stops the clock and protects the cells from aging and being exposed to environmental factors and common viruses that can decrease their function

Cord Blood Banking is a step to provide treatments for patients who had lost all hope

According to research, Leukemia patients have better outcomes with cord blood transplants compared to other traditional transplants.

Please visit American Association of Blood Banks at aabb.org for more information!

IMPORTANT

LOOK | BEFORE YOU | LOCK

TEMPERATURES RISE FAST IN PARKED CARS.

vehicle temperature

outside F°	inside F°	
	10 mins	30 mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

F.R.I.E.N.D.S

FDOH - Broward County



The healthy benefits of friendships:

- MAY HELP KEEP YOU BRAIN HEALTHY
- REDUCES FEELINGS OF ANXIETY ASSOCIATION WITH LONELINESS
- CAN HELP REDUCE STRESS
- BETTER OVERALL HEALTH
- MAY HELP REDUCE HEALTH ISSUES SUCH AS BLOOD PRESSURE
- CAN HELP KEEP OUR HEARTS HEALTHY

In 2011, July 30th was declared as the International Day of Friendship by the General Assembly of United Nations.

Good friends are good for your health. Research shows that, after food and shelter, belonging is a fundamental human need. Healthy friendships can increase your sense of belonging and purpose. Building bonds with others can make us feel more connected, which, in turn, can help boost productivity and engagement at work. Friendships can help reduce your stress. Friends can also encourage you to change or avoid unhealthy life-style habits, such as excessive drinking or lack of exercise.

The power of friendship reaches out to all corners and cultures of the globe including FDOH-Broward. This month, we want to highlight three friendship duos. Enjoy their stories below!

Source: Mayo Clinic, Harvard Business School



Julie Dewey & Lucinda Grouby

Julie and Lucinda have been work buddies for about 6 years. When Julie first started at DOH Broward, her office was right next to Lucinda, who helped her transition into her new role. They love to work together, they often have lunch together and even drive to work together at times. People at the department has called them, "Thelma & Louise" When you see one, the other is not far behind!



Marie Domond & Willene Boyce

Marie and Willene are two peas in a pod. They first met when Marie started with the Kidcare Program in 2018. Marie describes Willene as her sister. They do almost everything together including community events. They also enjoy doing weekend outings together like shopping. You will often find them sharing laughs throughout the work day.



Nickey Lewin & Hugo Buttafuoco

Hugo and Nickey have been friends for more than 10 years. Their friendship started oddly enough after a work disagreement. This led to them having a sit down conversation, settling their differences and apologizing. Their friendship then blossomed into one of trust and mutual respect. Now, they work on projects together. You can also find them sharing a cup of coffee while discussing sports, relationships, values and life experiences.

SARCOMA CANCER

AWARENESS MONTH



Sarcoma is the general term for a broad group of cancers that begin in the bones and in the soft tissues (soft tissue sarcoma). Soft tissue sarcoma forms in the tissues that connect, support and surround other body structures. This includes muscle, fat, blood vessels, nerves, tendons and the lining of your joints. **There are more than 70 types of sarcoma. Treatment for sarcoma varies depending on sarcoma type, location and other factors.**

According to Sarcoma Foundation of America, sarcoma is a rare cancer in adults but rather prevalent in children. Sarcoma accounts for about 20% of all childhood cancers. At any one time, more than 50,000 patients and their families are struggling with sarcoma. More than 16,000 new cases are diagnosed each year and nearly 7,000 people die each year from sarcoma in the United States.

Its still not clear what causes most sarcomas. In general, cancer forms when changes (mutations) happen in the DNA within cells. According to the Mayo Clinic, family history of cancer can increase your risk to develop sarcoma. In addition, the virus called human herpesvirus 8 can increase the risk of a type of sarcoma called Kaposi's sarcoma in people with weakened immune systems.

Signs and symptoms of sarcoma include:

- ◆ A lump that can be felt through the skin that may or may not be painful
- ◆ Pain and/or swelling in an arm or leg, the trunk, the pelvis or the back; swelling may or may not feel warm to the touch
- ◆ A bone that breaks from no apparent cause
- ◆ Abdominal pain
- ◆ Weight loss

Be mindful that these symptoms could be signs of many other medical conditions. Always check with your doctor for a proper diagnosis. If you're diagnosed with Sarcoma, there are treatment options available. Sarcoma is treated with a combination of chemotherapy, radiation therapy and surgery. Reconstruction of the surgical area typically takes place at the same time the tumor is removed.

So why do we have a Sarcoma Awareness Month? Well, Sarcoma is still considered to be the “forgotten cancer.” It is one of the rarest forms of cancer. The public's lack of awareness and understanding of Sarcoma makes it much more challenging to secure funding for research and treatment development. This July, to commemorate Sarcoma Awareness month, we are encouraging you to **raise awareness to your community!** [Visit curesarcoma.org for more information.](http://curesarcoma.org)

Source: Mayo Clinic, Sarcoma Foundation of America, Johns Hopkins University



HEALTHY EATS⁶

Watermelon Fruit Pizza

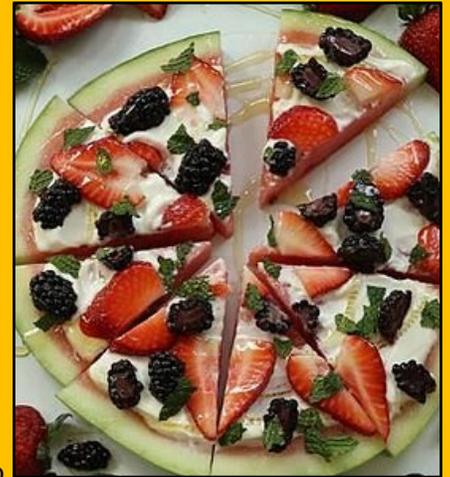
This refreshing fruit dessert pizza recipe swaps classic cookie crust with a healthier watermelon crust. Topped with yogurt sauce, your favorite berries and mint, this fresh dessert can easily be doubled for a party or halved for every day.

Ingredients

- ½ cup low-fat plain yogurt
- 1 teaspoon honey
- ¼ teaspoon vanilla extract
- 2 large round slices watermelon (about 1 inch thick), cut from the center of the melon
- ¾ cup sliced strawberries
- ½ cup halved blackberries
- 2 tablespoons torn fresh mint leaves

Preparation

- Combine yogurt, honey and vanilla in a small bowl.
- Spread 1/4 cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries and mint.



Nutrition Information

Serving Size: 2 Slices

Per Serving: 64 calories; protein 1.9g; carbohydrates 14.6g; dietary fiber 1.4g; sugars 11.7g; fat 0.6g; saturated fat 0.2g; cholesterol 0.9mg; vitamin a iu 893IU; vitamin c 21.7mg; folate 13mcg; calcium 45.7mg; iron 0.6mg; magnesium 21.3mg; potassium 237.3mg; sodium 12.8mg; thiamin 0.1mg; added sugar 1g.

Source: *Eating Well*

beat the heat



**stay
hydrated**

Drink plenty of water
(aim for 6-8 glasses)



www.livewellcampaign.co.uk/summer



NHS

UV SAFETY AWARENESS MONTH

To protect your skin from UV rays



Treat yourself to protective clothing and sunglasses

Since no sunscreen can block 100% of the sun's rays, wear clothing for added protection. Look for lightweight, long-sleeved shirts and pants and sunglasses with UV protection.



Make shade your new best friend

When possible, seek shade, especially from 10 am to 2 pm. When the sun's rays are the strongest. If there's no shade around, create your own using an umbrella or a wide-brimmed hat.



Dont skimp on sunscreen

Generously apply sunscreen to all exposed skin, including ears, neck, hands, feet, and lips. Make sure your sunscreen is broad-spectrum, water-resistant and has an SPF of 30 or higher. Reapply every two hours or after swimming or sweating.

Be extra carefull around water, sand, and snow

These surfaces reflect the sun's rays, increasing your chance of sunburn.



What did the buffalo say when his son left for college?

Bison.

We hope you enjoyed this newsletter!

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